

Die Welt draussen  
...mal was Anderes

## Hike Herb hike

### Description

Our ancestors already knew about the medicinal effects of many forest and mountain herbs. Our herbal expert explains the various herbs that we come across along the way. Passed down from generation to generation according to old recipes, you can experience this knowledge at first hand on our hikes. The topics are adapted depending on the season and the progress of the vegetation. These are 1-day tours.

### Requirements

T2 according SAC Table

### 1-Day Hikes

Walking time : approx. 2 - 4 h  
Distance : to be determined  
Altitude metres : to be determined  
Duration : 1 day

Catering : from the backpack  
Number of people : 10 people  
Meeting point : to be determined

### Equipment

According to material list

### Costs for

One-day tours: flat rate CHF 250 per day  
Not included are the costs for travelling to and from the tour, any accommodation, drinks and meals.

### Insurance

Insurance is the responsibility of the participant. The organiser accepts no liability whatsoever.

